The Park Center's 2013

Fall Swim Lessons



Our goal is to teach children safe practices and swimming skills in, on and around water while having fun. All lessons are taught by certified Water Safety Instructors and include 8-Thirty minute lessons. In order to improve the quality and effectiveness of Swim Lessons participants should be registered for the appropriate level according to their swimming skills.



Ages: 6 months - Adult

Cost: Resident: \$30

Non-Resident: \$35



Tuesday & Thursday Evenings

Session Dates

- 1 September 3-26 (Registration Dates: August 5 **Deadline: August 31**)
- 2 October 1-24 (Registration Dates: September 20 **Deadline: September 28**)
- 3* October 29-November 21 (Registration Dates: October 18 Deadline: October 26)

Saturday Mornings

Session Dates

September 7 – October 26 (Registration Dates: August 5 - Deadline: September 4)



Swim Lesson Level Chart

Guppies: (6 months-4 years, Parent/Tot)

No water experience necessary

Starfish (Level 1): Child has limited or no water experience.

Jellyfish (Level 2): Child is able to perform all listed:

Submerge to mouth and blow bubbles. Float on front/back (w/ assistance) and recover to standing position.

Seahorses (Level 3): Child is able to perform all listed:

Submerge completely, Jump into water over head without assistance, knows basic arm and leg actions for Freestyle, Backstroke, and Elementary Backstroke.

Sea Rays (Level 4): Child is able to perform all listed without assistance:

Glide on front/back 2 body lengths Float on front/back for 5 seconds.

Perform Freestyle w/ side breathing, Backstroke, and Elementary Backstroke for 2 body lengths.

Sharks (Level 5): Child is able to perform all listed without assistance:

Swim 15 yards Freestyle w/ side breathing, Backstroke, and Elementary Backstroke Float on front/back for 15 seconds, Tread water for 1 minute.

Dolphins (Level 6): Child is able to perform all listed:

Swim 25 yards Freestyle w/ side breathing, Backstroke, Elementary Backstroke, Swim 15 yards Breaststroke Tread water for 2 minutes, Float on front/back for 30 seconds.

Adult Beginning: Participant has limited or no water experience.

Adult Intermediate: Participant has water experience, comfortable in deep water (9Ft.) and basic stroke knowledge.





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